



## Chocolate Crepes with Whipped Topping:

### Ingredients:

2-3 egg whites  
1 scoop low-carb, chocolate protein powder

### Optional:

Fresh banana, sliced  
Slivered almonds or natural peanut butter  
Sugar-free syrup, honey, or agave nectar  
1 package of powdered whipped topping

### Directions:

Combine one scoop of chocolate low-carb protein powder with your egg whites, creating a very thin-consistency batter.

Next, pour the batter onto the hot pan until a thin circle shape is formed. Cook the crepe like a standard pancake, and once the edges are starting to bubble, use a spatula to lift the crepe and flip it over to cook the over side. This whole process should only take a few moments per side, because the batter is very thin.

Note: It's easier to use a non-stick pan sprayed with low-calorie non-stick spray. Flipping your crepe might be difficult, but you can get tips here:

<http://www.youtube.com/watch?v=U-2E2WqG8Qk> .

Once cooked, transfer the crepe over to a plate and then top with some sliced fresh bananas, a few slivered almonds, and just a small amount of sweetener.

Meanwhile, prepare some whipped topping according to the package directions and then spoon over top of the crepes. Whipped topping, as long as you purchase the powder variety and make it yourself with skim milk, only contains a few calories per tablespoon. So if you keep the serving size down, this is a perfect way to garnish this dish. Once you have the whipped topping on, serve immediately.

Try different fruits for different flavors in your crepes.

*Approximate nutritional information (based on half the recipe without fruit): 85.5 calories, 16 grams of protein, 2 grams of carbs, 1.5 grams of fat.*